

Chapter 3: Adjustments in Therapy

Module 1: Specific CaCBT Techniques

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LEARNING OBJECTIVE

Identify how to practice CaCBT techniques with South Asian clients

Module 1: Specific CaCBT Techniques

- Privacy & Confidentiality
- Homework Management
- Apology Technique – Roleplay
- Learning Activity – Case Example



Privacy Considerations

Privacy & Confidentiality Considerations

- In-person therapy considerations
- Private space and tele-therapy
- Communication outside of sessions



Homework Management

Homework Management and Considerations

- Homework alternatives and modifications
- Practicing and Engagement
- Homework Completion



The Apology Technique

Role-Play – Apology Technique

The following role-play example will demonstrate how to introduce and practice the apology technique with South Asian clients

Abbie's Story

- Abbie is a South Asian female client in her early twenties
- She is dealing with feelings of guilt and worthlessness whenever her mother questions Abbie's dating life
- Her mother tries to set Abbie up on dates, and often makes comments about seeing Abbie "settled" and with grandchildren
- Abbie feels judged and pressured, and is frustrated because she can't seem to have an open discussion with her mother without arguing about why Abbie is still single
- Abbie feels sad that she cannot express her beliefs without her mom getting annoyed and angry
- She wants to find a way to speak to her mother and have her voice heard, without being disrespectful

Watch Role-play: Apology Technique Here

Abbie's Resolution

- After practicing the apology technique a few times with her therapist, Abbie became more confident in the wording she would use with her mother
- Although she was nervous, Abbie approached her mother one day after dinner to have the conversation
- Her mother was concerned but seeing how Abbie was respectful and calm, she was able to give Abbie the space to speak her mind
- Abbie and her mother had a long and meaningful conversation about Abbie's frustrations and feelings, and were able to discuss ways to move forward with their differing opinions while still communicating in a healthy way

LEARNING ACTIVITY

CASE STUDY – Priyanka's Story

Case Study – Priyanka’s Story

Priyanka is a 55-year-old woman originally from Nepal. She came to Canada 33 years ago with her husband and was later joined in Canada by other members of her immediate family. She describes her husband as a good and loving man. Together, they have two sons in their 20s who both reside in the family home. Priyanka prides herself on being a good mother and a good wife.

Priyanka attends her second session with you and immediately bursts into tears. She shares that her adult brother and sister are in a dispute over her mother’s estate and the family issue has been elevated to the court. Priyanka attended one court date at her sister’s request. Her brother became angry, accused her of taking sides, and later refused to talk to Priyanka for days. Priyanka describes that she is extremely anxious about this family conflict and being in the courthouse leads her to fearing that she may be judged by others in her community. Priyanka is not involved in the court case, and does not want to go to court, but she has not yet communicated this to either of her siblings. *Continued on next slide.*

Case Study – Priyanka’s Story (cont’d)

In the past month, Priyanka’s sister has asked her to attend court two other times. Priyanka has been creating excuses as to why she could not attend. However, just before her second therapy session, Priyanka’s sister called her and told her that she does not have any way of traveling to the next court date and needs Priyanka to drive her.

During her sessions with you, Priyanka takes many notes and this can sometimes distract from session content. She tells you that she likes to read her therapy notes (and quotes from you) like a personal mantra, between sessions, and this helps her with recollection. Priyanka struggles to complete journal entries or writing activities when given as homework.



LEARNING ACTIVITY

What CaCBT techniques might you consider to help Priyanka conceptualize options for navigating these circumstances?

Think of 3 different techniques and provide details on how they could be applied in Priyanka's case.

Learning Activity: Answers

Priyanka could use triangulation to communicate her desire to not go to court.

- Priyanka could ask her husband or sons to communicate a message to her brother and sister, advising them that Priyanka and her husband would like not to attend future court dates.
- Priyanka could also triangulate support for her sister by asking her husband or adult sons to drive her sister to court, this one time.

Priyanka could use the apology technique to communicate her feelings to her sister.

- “With deep respect, I apologize but family conflict and being in court is very hard on me. I want to support you but I’m not willing to attend court with you”.
- The apology technique can be written and rehearsed with the therapist until it feels true for the client.

Learning Activity: Answers

Homework could be adjusted to support Priyanka

- Priyanka's therapist could provide Priyanka with a written summary of the session at the end of the session, and include reminders or tasks for Priyanka to complete.
- Priyanka could be provided with behavioural activities for homework, instead of written activities.
- Priyanka's note-taking could be conceptualized as an effective form of homework, and should be encouraged.

CBT techniques can be culturally adapted to ensure that rapport is maintained, engagement continues and that clients are benefiting from various therapeutic strategies that have been adjusted for their needs.
